



# Chicken tikka kebabs with pittas and chunky salad

Serves 4

A fresh start to spring!

## Ingredients

- 8 skinless & boneless chicken thighs, visible fat removed, cut into bite-size pieces
- 3 level tbsp tikka curry powder
- 250g fat-free natural Greek-style yoghurt
- 3 garlic cloves, crushed
- 4 x 60g wholemeal pitta breads
- Lemon wedges to serve

### For salad

- 1 cucumber, halved lengthways, deseeded & roughly chopped
- 200g radishes, trimmed & quartered
- 3 celery sticks, roughly chopped
- 2 little gem lettuces, shredded
- 100g fat-free natural Greek-style yoghurt
- 25g fresh coriander, leaves roughly chopped, reserving a few whole sprigs for the kebabs

## Method

1. Put the chicken in a freezer bag (or a glass or stainless-steel bowl) with the curry powder, yoghurt and garlic. Season lightly with salt and stir to combine. Seal the bag or cover the bowl with cling film and marinate in the fridge for at least 1 hour or overnight if possible.
2. For the salad, put the cucumber, radishes, celery and lettuce in a bowl. Mix together the yoghurt and chopped coriander, season to taste, then stir through the salad.
3. Preheat your grill to high. Lift the chicken out of the marinade, letting any excess drain off, then thread onto 4 metal skewers. Place the kebabs on a baking tray lined with foil and grill for 10-12 minutes, turning halfway, or until the chicken is lightly charred and cooked through.
4. Toast the pitta breads. Scatter the coriander sprigs over the chicken skewers and serve with the salad, 1 pitta per person and the lemon wedges for squeezing over.